

FITNESS PROFESSIONAL - CERTIFICATE

Certificate

Faculty Advisers

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This program gives students the knowledge, skills and experience needed to become a fitness trainer. Trainers guide, instruct, and motivate clients to pursue health goals through exercise, nutrition, and lifestyle changes. Fitness trainers can work in fitness and health facilities, corporations, or as private contractors. Courses in the program teach students about: nutrition; proper exercise techniques and training instruction; health and fitness assessment; designing fitness programs; and more. Students who complete this program will earn a First Aid and CPR certification, as well as take a national fitness trainer certification exam.

All core courses must be completed within 5 years in order for the certificate to be awarded.

Program Outcomes

Upon successful completion of this certification program, students will be able to:

- Identify, analyze and apply behavior modification strategies to promote health and fitness to clients
- Apply advanced exercise principles in order to create responsive, adaptive, and personalized exercise programs for a diverse population
- Describe national standards of professional practice including ethical business practices, confidentiality, adherence to legal requirements and professionalism as they relate to the fitness professional
- Administer and analyze various fitness assessments including cardiovascular endurance, power, speed, body composition, anthropomorphic measurements, muscular strength, endurance and flexibility
- Identify and implement widely-accepted procedures and protocols for emergency cardiac care, airway obstruction, automated external defibrillator and basic first aid

General education courses (such as math, writing, health, etc.) can be taken during any term, or before starting the program.

First Quarter

Fall		Credits
HPE170	Structure and Function of the Human Body	3
MTH065 or MTH058	Beginning Algebra II ★ (or higher) or Quantitative Reasoning I	4-6

PE131	Introduction to Exercise and Sports Science	3
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HE252	First Aid: Responding to Emergencies	3
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Credits 13-15

Second Quarter

Winter

HPE172	Exercise Science	3
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HPE260	Prevention and Care of Exercise-Related Injuries	3
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COMM111Z	Public Speaking ★	4
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WR121Z	Composition I ★	4
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Credits 14

Third Quarter

Spring

HE204	Nutrition for Health	3
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HPE174	Fitness Assessment and Programming	3
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PE280B or PE280A	Coop Ed-Physical Education or Co-op Education - Physical Educ	2
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PSY201Z	Introduction to Psychology I ★	4
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Health/PE electives (https://catalog.mhcc.edu/degree-certificate-requirements/aas/#health)		2
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Credits 14

Total Credits 41-43

¹ Students must complete either MTH058 or MTH065 in order to earn the Fitness Professional Certificate. Students seeking to transfer to a Bachelor's degree program should take a 100-level or higher math course.